

Nuts (Seeds) Are Extremely Toxic And Useless

JB bartoll.se/2024/11/nuts-toxic-and-useless

November 17, 2024

As I'm a bit short on time, we return to [Examine.com](#) for today's "shorter" article and their summary of yet another stupid and unnecessary nutritional meta-analysis. And to be clear, a meta-analysis is a statistical method of combining and synthesizing the results of multiple independent studies addressing a "common research question."

So, what was this common question, this fascinating puzzle they had to solve this time? Well, this bunch of monkeys went through a bunch of studies to find out what effect nuts had on dieting. Yes, nuts — as in a hard shell with a seed inside. You know, a seed, which is among the most toxic parts of any plant, as in something that should never be consumed by any human ever.

In culinary contexts, the term "nut" is often used more broadly to refer to **any edible seed** surrounded by a hard shell, regardless of its botanical classification. This includes **seeds** like peanuts, almonds, and pistachios, which are actually the seeds of legumes, drupes, or capsules, rather than true nuts.

When humans consume nuts, **we typically eat the seed** (also referred to as the kernel) within the shell.

According to biology, physiology, and biochemistry, **plant seeds are protected by a complex array of defense chemicals, heavy metals, and antinutrients**. This toxicity serves as a barrier to deter predators, pathogens, and competing plants from accessing the seed's nutrients and disrupting its germination process.

These defense mechanisms ensure the seed's survival and successful germination, allowing the plant to propagate and disperse its offspring. The combination of defense chemicals, heavy metals, and antinutrients makes **seeds one of the most toxic parts of a plant**, effectively protecting them from external threats.

If you've finished laughing, let's see what they found according to Examine's neat little summary. And while it might be short, I'll do my best to present some useful information, and hopefully you'll learn something new along the way.

What was studied?

"The effect of adding nuts to a hypocaloric diet on the following outcomes:

- *Anthropometrics: weight loss, BMI, waist circumference, and hip circumference*
- *Body composition: body fat, fat-free mass, and lean mass*
- *Biomarkers of glycemic control: fasting glucose and insulin*
- *Blood lipids: total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides"*

Before we continue, let's explain a few things as not everyone is well-versed in "science jargon."

A "hypocaloric diet" is a very stupid and inefficient approach to "weight-loss" where they reduce the believed energy intake from foods, as in imaginary calories (heat units.) They do so by reducing the amount of food and by focusing on the most nutrient-depleted and toxic foods in existence (they believe the opposite, as they are brainwashed, gullible and possible retarded,) such as vegetables, grains, and fruits, and also by only consuming the least nutritious cuts of meat, as in lean meat, usually white meat as in chicken and fish.

Plant Compounds Toxic to Humans

According to biology, biochemistry, and physiology, **plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells.** This fundamental disparity renders plant compounds toxic to the human body, precluding any potential health benefits.

Lack of Health Benefits

Given the toxic nature of plant compounds, it is not possible for them to provide health benefits to humans. Any claims suggesting otherwise are unfounded and lack scientific support.

Plant-based foods, such as fruits, vegetables, and grains, contain nutrients that are not directly bioavailable to humans. Instead, these nutrients are often bound or entrapped within plant cell structures, making them inaccessible to human digestion and absorption.

The conversion of plant-based nutrients to bioavailable forms is extremely low, increasing the likelihood of nutrient deficiencies. This can lead to:

- Impaired vitamin and mineral absorption
- Reduced nutrient utilization
- Increased risk of chronic diseases, such as cardiovascular disease and osteoporosis

According to biological, physiological, and biochemical studies, white meat (chicken and fish) generally exhibits lower levels of vitamins, minerals, and essential animal fats compared to fatty red meat (beef).

Anthropometry is the study of the physical properties of the human body, primarily dimensional descriptors of body size and shape. In this case, measurements and a visual representation of the test subjects' obesity.

Body composition on the other hand is looking “inside” the body, as in the proportion of fat, muscle, bone, water, and other tissues that make up an individual's physical body. It is often expressed as a percentage of total body weight, with the goal of achieving a healthy balance between fat mass and lean body mass.

And a biomarker is believed to be a measurable indicator of some biological state or condition, often measured and evaluated using blood, urine, or soft tissues. Only tissue samples will give a somewhat reliable result as blood and urine concentrations and levels vary all the time according to our biological processes and the breakdown of compounds.

Anthropometry and body composition might be of interest for those wanting to lose body fat, and adding nuts will do absolutely nothing in that regard. Actually, considering their toxicity and the very damaging plant-based oils (fats,) it will hinder fat loss in the long run.

Fasting glucose and insulin should be perfectly managed in a healthy human running on their natural fat metabolism while being in ketosis. And by adding nuts, whether you have a normal fasting glucose or not, will have zero results. But again, considering their toxicity, they will cause damage and in the long run, it could impact fasting glucose as damaged cells will struggle to use glucose or store it.

And as for blood lipids, adding nuts is detrimental as the unsaturated and rancid fats are not chemically compatible with human physiology and they need to be transformed in the body, which is a resource dependent process that yields a lot of toxic residues. Not to mention the damage the rancidity does to tissues. However, this will not show on any lipid panel — only

that you have more fatty acids in the blood, as your body can not metabolize all of the unsaturated fats, which the “researchers” will believe is good as the subjects should release fatty acids from fat tissue to be used as energy.

According to biological and physiological evidence, **there is no requirement for humans to obtain unsaturated fats from plant sources**. Instead, the human body requires omega-3 fatty acids, specifically EPA and DHA, which are primarily found in animal sources such as fatty fish, seafood, and other marine products.

In biology and physiology, it is well-established that polyunsaturated and monounsaturated fatty acids from plants are prone to oxidation and rancidity. This process occurs readily, often before consumption, and has significant consequences for human health.

- **Oxidative Stress and Inflammation:** Rancid fatty acids can undergo oxidation, leading to the formation of pro-inflammatory compounds. This may exacerbate chronic inflammation, potentially contributing to conditions like cardiovascular disease, cancer, and neurodegenerative disorders.
- **Imbalanced Omega-6 to Omega-3 Ratio:** Rancid omega-6 fatty acids can dominate the fatty acid profile, disrupting the balance with omega-3 fatty acids. This imbalance may lead to increased inflammation, thrombosis, and cardiovascular disease.
- **Impaired Cell Membrane Function:** Rancid fatty acids can alter the structure and function of cell membranes, potentially affecting the transport of nutrients and waste products, as well as cell signaling and communication.
- **Antioxidant Depletion:** The oxidation of rancid fatty acids can deplete antioxidant defenses, making cells more susceptible to oxidative damage and potentially contributing to chronic diseases.
- **Increased Lipid Peroxidation:** Rancid fatty acids can stimulate lipid peroxidation, leading to the formation of toxic aldehydes and ketones. These compounds can damage cellular components, including DNA, proteins, and membranes.

When humans consume plant-sourced unsaturated fats, their bodies must convert these fatty acids into a more usable form.

This conversion process involves:

- Desaturation: adding double bonds to saturated fatty acids
- Elongation: increasing the chain length of fatty acids
- Isomerization: rearranging double bonds

However, this conversion process can lead to:

- Toxic residues: the formation of unwanted byproducts, such as epoxides and hydroperoxides
- Oxidation: the breakdown of fatty acids into reactive aldehydes and ketones

These metabolic byproducts can have adverse effects on human health, including inflammation, oxidative stress, and potentially even disease development.

In summary, polyunsaturated and monounsaturated fatty acids from plants are not considered beneficial or necessary for maintaining human health.

This understanding is grounded in biological and physiological principles.

With that said, the backward-thinking modern sciences have reversed everything about cholesterol, LDL and HDL, so whatever they say, it's invalid and totally retarded. I've covered the real truth of cholesterol, LDL and HDL many times, fully backed by real science documented within biology, physiology, and biochemistry. Please read my articles ["Cholesterol, LDL and HDL 101: They Got It All Backwards,"](#) ["Totally Wrong Again About Inflammation and Cholesterol \(the Healing Process\),"](#) ["Hormone Replacement Therapy For Women — The Importance of Fats, Lp\(A\), LDL, And HDL Explained,"](#) ["More on Cholesterol: Natural Animal-Based Foods Can Never Be Unhealthy,"](#) and ["Statins Will Kill! Older Adults Should Consume More Saturated Fats and Cholesterol,"](#) for more actual and real information.

Who was studied?

| "A total of 821 men and women (average ages of 27–58) with overweight/obesity."

Ok, carry on.

How was it studied?

“A meta-analysis of 10 randomized controlled trials was performed. Four trials were conducted in the United States, and 3 trials each were conducted in Iran and Brazil.

The vast majority of trials compared a hypocaloric diet + nuts to a nut-free hypocaloric diet. The types of nuts used were almonds, peanuts, walnuts, pistachios, and mixed nuts. In the trials that reported the absolute daily supplemental intake of nuts, this ranged from 39 grams to 84 grams. The intervention duration ranged from 4 to 24 weeks.”

The fact that the vast majority of trials compared a “hypocaloric diet + nuts” to a “nut-free hypocaloric diet” is alarming. Who the hell comes up with such a retarded idea, and multiple times? The people conducting these “studies” failed miserably and should immediately resign, dress up as the monkeys they are, and go working as a mascot for some obscure brand or organization. They might be able to pull that off.

On average, mixed nuts contain about 79% fat, 15% carbohydrates, and 13% protein. As it's plant-based, the protein is incomplete and also bound to the fiber content and to the starches, so you might be able to get half of that, as in 7%.

According to biological and biochemical principles, plant proteins are often incomplete, lacking one or more essential amino acids. This is in contrast to animal proteins, including those found in human cells, which are typically complete proteins containing all nine essential amino acids.

Studies suggest that plant-based whole foods have a lower absorbability compared to animal-based whole foods. For example, recent data in humans have shown that ~ 50-75% of the protein in chickpeas, mung beans, and yellow peas is absorbed, compared to ~ 85-95% of the protein in egg whites, whole eggs, and chicken (1).

The incomplete nature of plant proteins can lead to reduced absorption and utilization by the human body.

Even when plant proteins are consumed in large quantities, the body may struggle to incorporate the missing essential amino acids into its own protein synthesis pathways.

This can result in impaired protein function, reduced muscle growth and maintenance, and potential negative impacts on overall health.

In summary, the biology, physiology, and biochemistry of plant proteins highlight their incompleteness and inferiority compared to animal-derived proteins. As a result, plant-based protein sources are less effective for human nutrition and may require careful planning and supplementation to ensure adequate protein intake and utilization.

Some of the extremely toxic carbs are also bound up in the fiber, which most people do not even know about. The more fiber, the less of the carbohydrates are absorbed. Instead, they follow the fiber to the large intestine where they ferment and produce gasses and do damage to the intestine walls.

10% to 30% of the carbohydrate content in plant-based foods is bound to fiber and cannot be absorbed by the body.

However, that is outside the scope of this article. While the nutrient profile of nuts, considering what we actually can absorb and use, is abysmal at best, the biggest problem is the toxicity from the unsaturated fats and its defense chemicals and antinutrients.

A big serving of 39 grams will flood your body with 31 grams of very toxic plant-based fats and a lot of other toxins. And chewing down 84 grams a day will amass a frightening 66 grams of toxic fats. That's a lot of toxic damage.

As the edible part of a nut is its seed, it contains various defense chemicals and antinutrients that can have negative effects on human health. These compounds include:

What were the results?

“No differences between a hypocaloric diet + nuts and a nut-free hypocaloric diet were observed for any of the outcomes.”

No surprise there. However, consuming nuts or any plant-based food will contribute to the toxic load of the body, and nuts, just like any kind of seed, are among the most toxic “edible” things you can find in nature. If anyone ever recommends that you should add nuts or any other seed to your diet, please distance yourself from that person, as he or she is either ignorant and retarded, or simply extremely evil. Actually, this goes for any kind of plant-based or processed food.

While the meta-analysis was a complete waste of time, hopefully you, the reader, learned something new about all the toxic damage plant-based foods and plant-based unsaturated fats will do to you, and why you should avoid them at all cost.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

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